To be more specific:

"team <id> <team>" (EG. "team 1 1" will change player number 1 (first to enter) to GDI (Team number 1). This will make <id> lose all cash and points.)
"team2 <id> <team>" (EG. "team2 2 0" will change player number 2 (second to enter) to Nod (team number 0). This will make <id> not lose cash or points.)

Key:
Teams

0 = Nod
1 = GDI

To get the ID of players, type "id" first.